

A pregnant woman with long brown hair, wearing a black and white striped long-sleeved shirt, is lifting a young child into the air. The child is wearing a white long-sleeved shirt, khaki cargo pants, and brown sneakers. The woman's belly is bare, showing a small navel. They are outdoors in a grassy area with trees and foliage in the background. A yellow line is drawn around the woman's head and shoulders.

**When you're a mom,
being tired isn't
an option.**

To keep up with the
important things in life,
get your energy from
eating iron-rich foods.

Iron Gives Mom a Boost!

Iron is a mineral needed for making red blood cells that carry oxygen through the body. It helps prevent colds and flu, and keeps energy levels up.

Best Sources of Iron:

- ☐ WIC Cereals
- ☐ Meat (Beef, Chicken, Pork, Turkey, Lamb)
- ☐ Dried beans/Peas/Lentils
- ☐ Fish
- ☐ Nuts and Seeds

*Cooking foods in
non-coated cast iron pots and
pans (heavy black ones)
will add iron to your food.*

Good Sources of Iron:

- ☐ Baked Potato or Sweet Potato with skin
- ☐ Baked Beans
- ☐ Dried Fruit (Raisins, Apricots, Dates, Prunes)
- ☐ Tofu
- ☐ Dark, Leafy Green Vegetables, cooked (Spinach, Collard and Turnip Greens, Swiss Chard, Kale)

*Talk to your
doctor to see if a
multivitamin is right
for you.*

Fair Sources of Iron:

- ☐ Whole Grain Bread and other Enriched Bread
- ☐ Eggs
- ☐ Peanut Butter

Vitamin C helps your body use iron. Try these food combinations below:

The iron rich foods are in green and the vitamin C rich foods are in orange!

- **Omelet** with **red** and **green peppers**
- Brown rice and **beans** served with **collard greens** and **tomatoes**
- **Grilled chicken** served with **broccoli** and a **baked potato**
- **Spinach** salad topped with **strawberries**
- **WIC cereal** with a side of fruit such as **grapefruit, cantaloupe, or orange slices**
- **Tuna fish sandwich** and a side of **kiwi slices**